

JUNE'S NOTICING NATURE PRACTICE

This June, Join me for a month long practice of using our 5 senses to Notice Nature, recognize ourselves in Nature, and deepen our relationship with Nature.

Use the daily prompts in the chart below (or posted daily on Facebook @SpringBirdwoolgathering and Instagram @springbird_hope) to engage with and Notice Nature.

This practice may only take a minute. It might be something that you carry in your heart all day, or it may be combined with another practice such as: journaling, sketching, praying, walking, or gardening.

This month-long practice is an experiment. It's playful. It's an opportunity to see what might happen. There is no pressure to do it everyday, and if all five senses are not available to you, make any needed adjustments – swap days or senses around, repeat prompts, etc.

Let me know how it goes. I'd love to hear more about your experiences. I will be sharing mine periodically as well!

Date	Prompt
1	What nature do you notice today? What is waving at you – asking for your attention?
2	Take a minute to notice birdsong. What do you hear?
3	Taste something grown by you or near you – an herb from the garden, a market veggie, or local honey. Give thanks!
4	Go barefoot outside for a while – or longer. How do you feel?
5	What does nature feel like? Touch a leaf, a bloom, bark, dirt, a rock, or something else.
6	Gentle Goddess, Who never asks for anything at all, and gives us everything we have, thank you for this sweet water, and your fragrance. ---Lee Welch
7	What color do you notice today?
8	What does the weather sound like today? Is it windy, silent, or rainy?
9	Spend a moment outside, after dark. What do you notice?
10	Drink a glass of water. What does it taste like? How does it make you feel?

11	Water flows over these hands. May I use them skillfully To preserve our precious planet. ---Thich Nhat Hanh
12	What smells do you notice?
13	Look at nature from a distance – spend time with a landscape or look at nature closeup – or both. What do you see?
14	Tell a beloved pet, plant, person, or other being that you love them.
15	What sounds do you hear coming from birds, animals, and/or insects?
16	“Something essential happens in a vegetable garden. It’s a place where if you can’t say ‘I love you’ out loud, you can say it in seeds. And the land will reciprocate, in beans.” --Robin Wall Kimmerer, from <i>Braiding Sweetgrass</i>
17	Notice the variety of nature’s textures today. Can you touch any of them? What do they feel like?
18	What nature smells do you remember from childhood? Can you smell any of them today?
19	Today, enjoy some tea – perhaps made from nearby ingredients – perhaps not.
20	What does the sky look like today? What does the earth look like?
21	“The silence of the natural world is in fact a constant, wondrous, neverending symphony.” --- Dr. Qing Li, from <i>Forest Bathing</i>
22	What are you tasting today? Eat something fresh, if you can, to honor the Summer Solstice and the sun that helped to grow that food.
23	What is the temperature today? How does your body feel in this temperature?
24	What does inside your home smell like? What does outside smell like?
25	Lord make us mindful of the little things that grow and blossom in these days to make the world beautiful for us. ---W.E.B. Du Bois
26	What nature do you hear today?
27	Open your mouth, stick your tongue out, and taste the air. What’s it like?
28	Spend a minute or two with a tree today. At the very least, say hello to one.
29	What does the weather feel like today? Is there wind? Sun? Rain? Humidity?
30	Smell something that is growing. What does it smell like?